



PAPER INDIVIDUAL ACTION PLAN

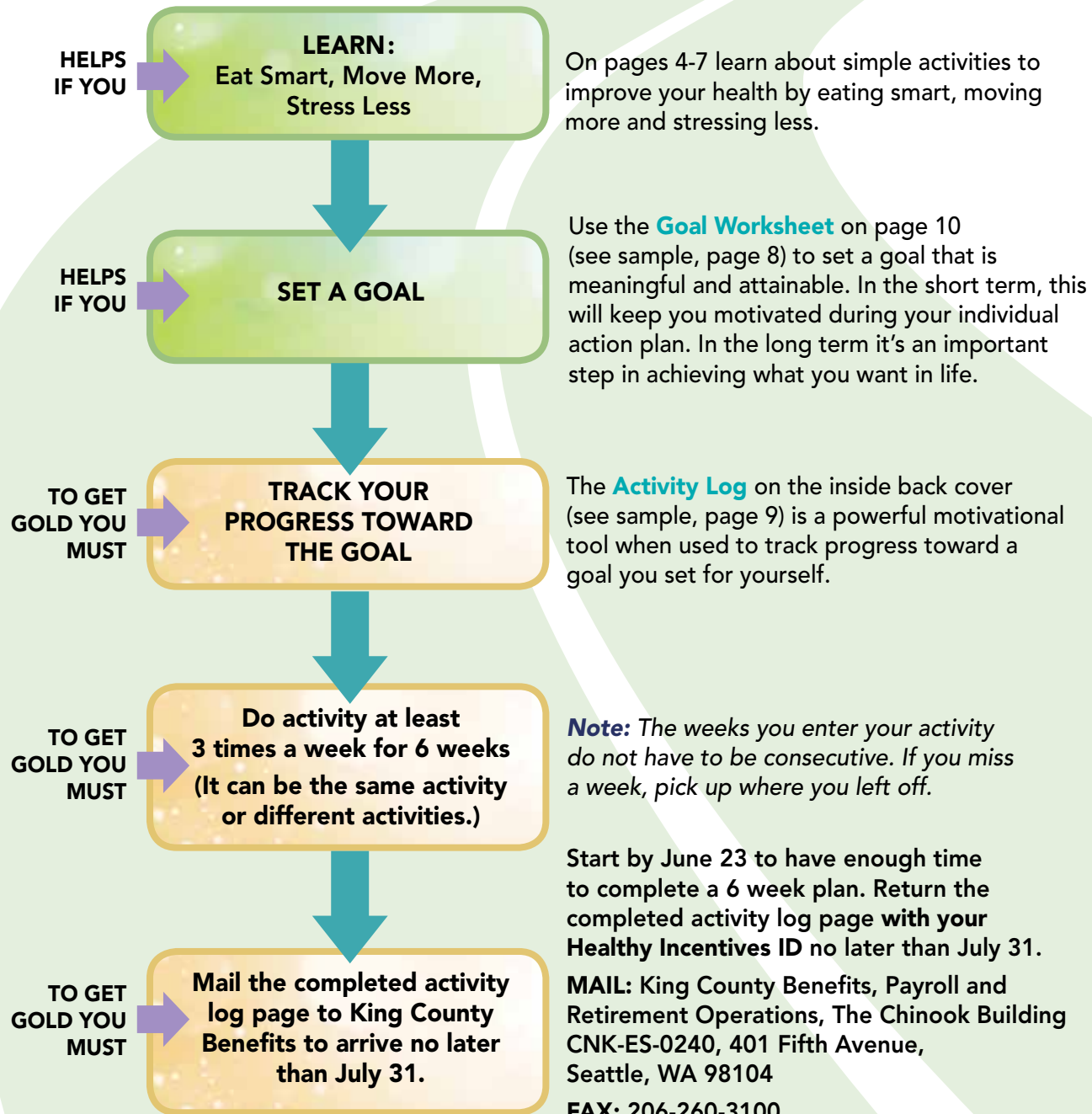
Pillars of Well-Being:
Eat Smart, Move More, Stress Less



Overview

A healthy lifestyle is the key to continued well-being. Changing your lifestyle for the better takes time and real effort. With the help of this program, you can do it. And it's worth it: eating smart, moving more and stressing less will help you prevent illness and stay mentally sharp.

This program helps you set goals and track your progress on the road to those goals. **If you already have a goal plan and a healthy routine, report the activity you're doing to get credit toward gold, OR follow one of our simple plans. Remember, to earn gold you must also complete the wellness assessment by July 31.**



MAIL: King County Benefits, Payroll and Retirement Operations, The Chinook Building CNK-ES-0240, 401 Fifth Avenue, Seattle, WA 98104

FAX: 206-260-3100

EMAIL: PaperIAP@kingcounty.gov

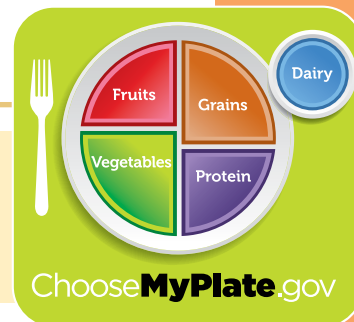
BE SURE to put your Healthy Incentives ID on the completed activity log. For help call 206-684-1556.

EatSmart

GUIDELINES



MyPlate is based on the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.



Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories.

Try some of these options:

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.

Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too many solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

- Choose foods and drinks with little or no added sugars.
- Watch for salt (sodium) in foods you buy - it all adds up. (Keep it under 2300 mg/day.)
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.
- Write down what you eat to keep track of how much you eat.
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men.



A Simple Plan

- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

MoveMore

GUIDELINES



According to the Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and Human Services:

ADULTS NEED AT LEAST:



2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week

AND



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR:



1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week

AND



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR:



An equivalent mix of moderate- and vigorous-intensity aerobic activity

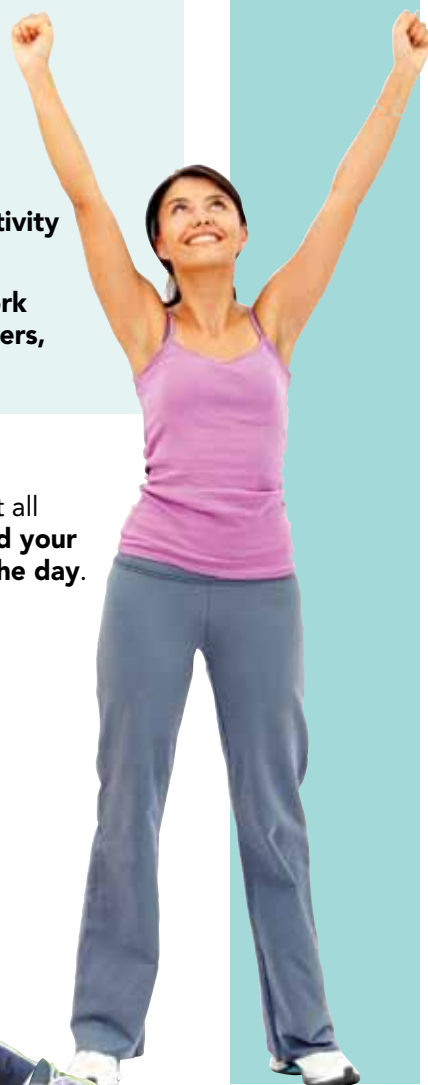
AND



muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. And if you're just starting, it's good to start slow and build. It's best to **spread your activity out during the week**, and **break it up into smaller chunks of time during the day**. As long as you're doing your activity at a moderate or vigorous effort for **at least 10 minutes at a time**.



Aerobic activity – what counts?

How do you know if you're doing light, moderate, or vigorous intensity aerobic activities?

For most people, light daily activities such as shopping, cooking, or doing the laundry don't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Muscle-strengthening activities – what counts?

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without over-exerting. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8—12 repetitions per activity that count as 1 **set**. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

A Simple Plan



If you're just starting out, build over time

Week 1 & 2 = 30 min aerobic activity x 2 days a week

Week 3 & 4 = 30 min aerobic activity x 3 days a week

Week 5 & 6 = 30 minutes aerobic activity 3 days a week + 1 day strength training

Once you've reached this level you're well on your way. Either maintain what you're doing or the next step is to add another day of strength training and then add 2 more days of aerobic activity.

If you're already active: 30 minutes of aerobic activity 5 days a week + 2 days of strength training

Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

Here are some examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. Just keep in mind that muscle-strengthening activities don't count toward your aerobic activity total.

There are many ways you can strengthen your muscles, whether it's at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga



StressLess

GUIDELINES



While there are no federal guidelines for stress management, there are strategies that have proven effective in numerous studies. They are described below.

Effects of Stress on Your Body

Stress can be helpful and harmful to our bodies. In moderate amounts, stress can help you perform at a higher level. In the short term it makes your senses sharper. You can hear better, see better, smell better and taste better. Even your sense of touch becomes more sensitive. But constant stress can have negative physical and mental effects: inability to concentrate, excessive and uncontrollable worrying, forgetfulness, anxiety, depression, low energy, muscle tension, frequent minor illnesses, increased addictive behavior and it can contribute to heart disease, diabetes and chronic backaches.

Strategies to Stress Less

Sleep: The average adults needs 8 hours a night. Some keys to getting a good night sleep are create a bedtime ritual for yourself, don't fall asleep in front of the TV, don't drink or eat anything with caffeine after lunch, eat a healthy, low-fat low-carbohydrate dinner, and get enough exercise during the day.

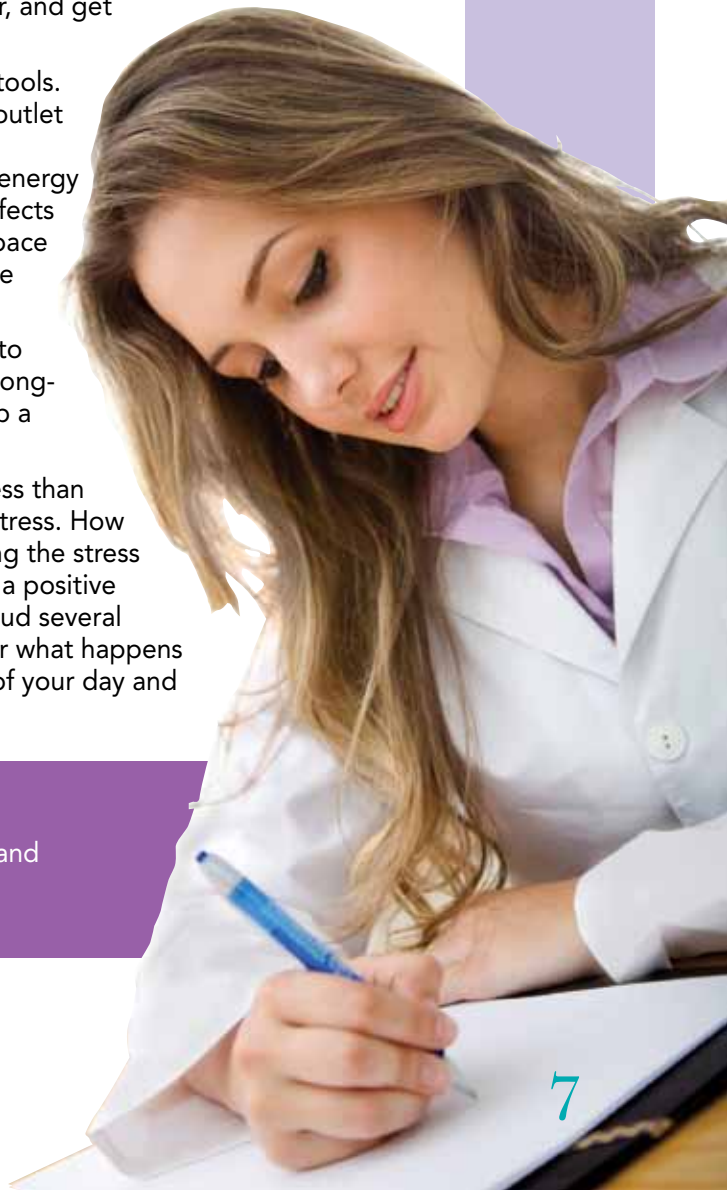
Exercise: Exercise is one of the most perfect stress management tools. Stress triggers a fight or flight reaction in our bodies. Without an outlet for the energy, muscles stay tense, blood pressure stays high, and breathing stays shallow. Exercise allows your body to expend the energy and also releases chemicals like endorphins that counteract the effects of stress hormones. A great form of exercise is walking at a brisk pace for 30 to 60 minutes at least three times a week and preferably five to six times a week.

Gratitude: Cultivating an "attitude of gratitude" has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life and kinder behavior toward others. Keep a gratitude journal. List one thing you are grateful for every day.

Optimism Therapy: Pessimists may feel they are under more stress than optimists, even though they are both under the same amount of stress. How the stress feels may directly determine how the body reacts making the stress response more severe in pessimists. Optimism therapy starts with a positive affirmation in the morning before you get out of bed. Say it out loud several times before getting out of bed. An example would be: No matter what happens today I won't judge myself. Then, choose one single area or part of your day and vow to be an optimist in that area only.

A Simple Plan ▼ ▼ ▼ ▼ ▼

Start with one thing. Pick a strategy that works with your lifestyle and personality. Practice it at least three times a week.



GOAL WORKSHEET (Optional)

My most important goals for my health are:

Not required to send to King County

Increase my physical stamina so I can get around better.

Reduce the stress I feel during the day so I am in a better mood when I come home to my family after work.

These goals are important because:

When I come home from work I want to enjoy my family.

I want to be healthy and active in retirement.

I will know I have reached my goal because:

I will be able to walk 3 times during the week and take a long walk with my wife on Sunday afternoon.

My blood pressure will be normal.

Family dinners will be more enjoyable – we won't all be de-stressing from the day.

To reach my goal I will do these three things:

1. *When I commute to work, park my car 15 minutes from the park and ride so I can get 30 minutes of exercise a day 5 days a week.*
2. *Do positive self-talk on my walk to and from the park and ride so I can de-stress during my commute.*
3. *Find a buddy to lift weights with 2 times a week at the activity center at work.*

My target date is:

April 30

Two things that will help me stick to my goals are:

1. *Forgive myself when I get off track.*
2. *Look at my goal sheet every day to remind myself why I am doing this.*

ACTIVITY LOG

Name _____

Healthy Incentives ID _____

Week	Activity Goal	Did I Meet my Goal?						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Ride bike for 30 minutes	✓		✓			✓	
2	Optimism therapy				✓		✓	✓
3	Ride bike for 30 minutes			✓		✓	✓	
4	Walk 20 minutes to and from park and ride		✓		✓		✓	
5	Positive self talk while walking	✓		✓			✓	
6	Walk 20 minutes to and from park and ride		✓	✓				✓

After taking the wellness assessment, to get gold: Do activity at least 3 times a week for 6 weeks. (It can be the same activity or different activities.)

IMPORTANT: Return by the due date to: King County Benefits, Payroll and Retirement Operations, The Chinook Building, CHN-ES-0240, 401 Fifth Avenue, Seattle, WA 98104, FAX TO: 206-260-3100 EMAIL TO: PaperIAP@kingcounty.gov

GOAL WORKSHEET (Optional)

My most important goals for my health are:

These goals are important because:

I will know I have reached my goal because:

To reach my goal I will do these three things:

- 1.
- 2.
- 3.

My target date is:

Two things that will help me stick to my goals are:

- 1.
- 2.

Name _____

Healthy Incentives ID _____

ACTIVITY LOG

Did I Meet my Goal?	Sunday						
	Saturday						
	Friday						
	Thursday						
	Wednesday						
	Tuesday						
	Monday						
Activity Goal							
Week	1	2	3	4	5	6	

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For more information, call King County Benefits at 206-684-1556.

Alternate formats available.
Call 206-684-1556 or TTY:711